



2-part Series
Tuesdays, March 27 & April 3, 2007
9:00pm EST / 6:00pm PST

**The Heart of Yoga Nidra
Integrative Restoration - iRest
Awakening To Your Own True Nature**

- I. Objectives
 - a. Theory & Practice
 - i. Individualized practice within a group or individual setting
2. Overview of Yoga Nidra
 - a. Contemporary adaptation of an ancient practice = *iRest*
 - b. Current Research
 - i. Walter Reed PTSD
 - ii. COTS/IONS Homeless Project
 - I. Adults & Kids
 - iii. SLC Chronic Pain/Fibromyalgia/Chronic Fatigue
 - iv. NYC Non-Medically Responsive Asthma
 - v. Evergreen State College/U of Missouri College Students
 - vi. Additional Studies
3. Principles
 - a. Separation – a form of sleep – identification with the I-thought
 - i. Most widely held belief in the world, which disperses when we wake up from the dream of ‘me’
 - ii. 6 senses create separation versus 7th Sense of Pure Awareness
 - iii. Wherever another there is fear
 - b. Change fails before it begins
 - i. Trying to transform is a defense against what is
 - c. Welcoming – outside of reaction and conditioning
 - i. At first the object being ‘welcomed’ is emphasized
 - ii. Then Welcoming itself is emphasized
 - d. Disidentification versus Dissociation
 - e. The Law of Awareness
 - f. The Law of Opposites
4. Structure of the Practice
 - a. Series of inquiries
 - i. Step One: Intention
 - ii. Step Two: Heartfelt Prayer
 - iii. Step Three: Inner Resource
 - iv. Stage One: Sensation
 - v. Stage Two: Energy
 - vi. Stage Three: Feelings and Emotions
 - vii. Stage Four: Thoughts, Beliefs, Images
 - viii. Stage Five: Joy
 - ix. Stage Six: I-Ness
 - I. Stage Seven: Emptiness
 2. Stage Eight: Formlessness
 3. Stage Nine: Witness
 - x. Stage Ten: Everything Just As It Is
5. iRest Worksheet